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Navy's ShipShape Program: It's Your Job to Stay Fit and Our Job to Help

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If you're battling weight issues, you're not alone. Nearly 70 percent of those ages 20 and older in the United States are considered to be overweight or obese.

Maintaining a healthy weight is mission critical, but that doesn't mean it's easy. As service members, beneficiaries, retirees, and government civilians, you are constantly balancing work life and personal life. It can seem like there aren't enough hours in the day to get through your to-do list, let alone find time to exercise or eat healthy. Add to that readily accessible processed fast food, and it can take a toll on your health and quality of life.

If you're battling weight issues, you're not alone. Nearly 70 percent of those ages 20 and older in the United States are considered to be overweight or obese.¹ While staying fit can seem overwhelming at times, there is a solution. The [Navy's ShipShape Weight Management Program](#) understands the unique challenges that you face, and we're here to help. We can provide you with the tools and resources that you need to achieve and maintain a healthy weight, once and for all.



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What makes the ShipShape Program different is that we take a holistic approach to weight management. During the eight sessions, we'll focus on nutrition, physical activity, and mindset. Our facilitators will guide and encourage you every step of the way. In the end, you will have the knowledge and confidence to take charge of your weight management by:

- Making healthy lifestyle choices
- Surrounding yourself with supportive people
- Setting goals and sticking to them
- Managing stress
- Identifying barriers and finding ways around them
- Tracking your success

Throughout the program, there are activities that challenge you to think about or do something related to nutrition, physical activity, and mindset. There is also a six-month follow-up phase in which facilitators are available via phone, email, or in-person to keep you on track and help you overcome any weight management obstacles you may encounter.



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We have 225 certified ShipShape Program Facilitators at medical treatment facilities (MTFs) and clinics, shipboard commands, and other ashore facilities world-wide. They're ready to help you. The question is, are you ready to help yourself? Enrollment is easy. You can either get a referral from your command fitness leader (CFL) or primary care provider, or you can self-refer. Don't wait. Your fitness and your readiness are on the line.

For information on the ShipShape Program visit: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>.

Learn more about the NMCPHC Health Promotion and Wellness Department at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>.

References:

¹ U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. National Center for Health Statistics. Health, United States, 2013: With Special Feature on Prescription Drugs. <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>. Published May 2014. Accessed July 2015.

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